

## CLAIMS

What is claimed is:

1. A soft tissue anchor for attaching soft tissue to a bone, the soft tissue anchor comprising:
  - an elongated shaft having an axis, a proximal end, and a distal end;
  - a bone engaging means affixed to the shaft for securing the distal end of the shaft in the bone; and
  - a transverse head engageable with the soft tissue to be attached to the bone, the transverse head extending in a first direction to a first point situated a first predetermined distance outwardly from the axis and extending in a second direction, generally opposed to the first direction, to a second point situated a second predetermined distance outwardly from the axis, the second predetermined distance being less than the first predetermined distance, the transverse head having a width equal to or greater than that of the proximal end of the shaft and the transverse head having a transverse bottom surface adjacent the shaft, a first projection extending a third predetermined distance distally from the first point, a second projection extending a fourth predetermined distance distally from the second point.
2. A soft tissue anchor according to claim 1 wherein the shaft further includes an axially aligned lumen extending from the proximal end to the distal end.
3. A soft tissue anchor according to claim 1 wherein the transverse head further comprises a circular member having a centerline offset a predetermined distance laterally

from the axis of the shaft, the circular member including a first flattened rim adjacent the second point.

4. A soft tissue anchor according to claim 3 further comprising a pair of diametrically opposed flattened rim portions orthogonally situated relative to the first flattened rim.
5. A soft tissue anchor according to claim 1 wherein the transverse bottom surface is arcuate between the first and second points.
6. A soft tissue anchor according to claim 1 wherein the transverse bottom surface comprises a first ramp extending toward the first projection.
7. A soft tissue anchor according to claim 6 wherein the first ramp is linear.
8. A soft tissue anchor according to claim 1 wherein the transverse bottom surface comprises a second ramp extending toward the second projection.
9. A soft tissue anchor according to claim 8 wherein the second ramp is linear.
10. A soft tissue anchor according to claim 1 wherein the bone engaging means comprises a plurality of radially outwardly extending barbs, the barbs arranged in a plurality of linear, longitudinally extending rows, each row containing a plurality of longitudinally spaced barbs, each barb subtending a predetermined arcuate distance, the arcuate distance subtended by a barb in a row being greater than that subtended by the immediately distally adjacent barb in that row.
11. A soft tissue anchor for attaching soft tissue to a bone, the soft tissue anchor comprising:

an elongated shaft having an axis, a proximal end, a distal end, and a plurality of radially outwardly extending barbs, the barbs arranged in a plurality of linear, longitudinally extending rows, each row containing a plurality of

longitudinally spaced barbs, each barb having a width, the width of a barb in a row being greater than that of the immediately distally adjacent barb in that row such that upon insertion into bone, each barb cuts into bone undisturbed by the barbs distal to it; and

a tissue engaging means affixed to the proximal end of the shaft for engaging the soft tissue to be attached to the bone.

12. A soft tissue anchor for attaching labral tissue to bone adjacent the glenoid fossa of a shoulder socket, the soft tissue anchor comprising:

an elongated shaft having an axis, a proximal end, and a distal end;

a bone engaging means affixed to the shaft for securing the distal end of the shaft in the bone;

a tissue engaging means affixed to the proximal end of the shaft for engaging the labral tissue, the tissue engaging means including means for holding the labral tissue adjacent the bone and means for expanding a portion of the labral tissue adjacent the glenoid fossa to create a raised tissue buttress adjacent the glenoid fossa.

13. The soft tissue anchor of claim 12 wherein the soft tissue engaging means comprises a transverse head engageable with the labral tissue, the transverse head extending in a first direction to a first point situated a first predetermined distance outwardly from the axis away from the glenoid fossa and extending in a second direction, generally opposed to the first direction, to a second point situated a second predetermined distance outwardly from the axis toward the glenoid fossa, a projection extending distally a predetermined distance from the

second point and terminating at an edge, the edge pressing into the labral tissue to force it to bulge out and raise a tissue buttress.

14. A method of securing labral tissue to bone adjacent the glenoid fossa of a shoulder socket, the method comprising:

providing a soft tissue anchor having a shaft and a tissue engaging means;

inserting the shaft through the labral tissue and into the bone; and

pressing the tissue engaging means against the labral tissue to hold the labral tissue

adjacent the bone and to expand a portion of the labral tissue adjacent the

glenoid fossa to create a raised tissue buttress adjacent the glenoid fossa.

15. The method of claim 14 wherein the step of providing a soft tissue anchor includes providing a soft tissue anchor having an elongated shaft including an axis, a proximal end, and a distal end, a bone engaging means affixed to the shaft for securing the distal end of the shaft in the bone, a tissue engaging means affixed to the proximal end of the shaft for engaging the labral tissue, the tissue engaging means including means for holding the labral tissue adjacent the bone and means for expanding a portion of the labral tissue adjacent the glenoid fossa to create a raised tissue buttress adjacent the glenoid fossa

16. The method of claim 14 wherein the tissue engaging means includes a head asymmetrically positioned at the proximal end of the shaft such that a larger portion of the head extends transversely from the shaft away from the glenoid fossa and a smaller portion of the head extends transversely from the shaft toward the glenoid fossa.